

GROUP EXERCISE CLASS DESCRIPTIONS

CARDIO / STRENGTH

BODYPUMP – THE ORIGINAL BARBELL CLASS™; the ideal workout for anyone looking to develop lean muscle and get fit. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. Instructors will coach you through the scientifically-backed moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated, ready to come back for more.

RPM™ is a group indoor cycling workout that is fun and low impact, where you control the intensity. With great music pumping and the group spinning as one, your instructor takes you on a journey of hill climbs, sprints and flat riding. In an RPM workout you repeatedly spin the pedals to reach your cardio peak then ease back down, keeping pace with the pack to lift your personal performance and boost your cardio fitness.

Group Cycle A group exercise class done on stationary bikes that includes a variety of cycling techniques and skills to provide a high energy cardio workout.

Cardio Fusion – A cardio workout that can include interval drills step, choreographed varied intensity aerobics, or kickboxing, and includes strength segments for a total body workout

Strength Fusion – This class combines traditional strength exercises with the hottest functional training moves to make you fitter and stronger. You will sculpt your body with an emphasis on strength and balance while using a variety of equipment.

Total Body Training – Want to burn fat, build muscle and have fun? Class combines challenging strength and cardio exercises in just one workout to strengthen your entire body.

Strength & Balance

A slow paced, full-body strength class focusing on building muscle, increasing bone density, and improving balance. We will use a combination of weights, body weight, and resistance bands to accomplish your long-term strength and balance goals.

DANCE

Zumba® Latin-inspired dance class that incorporates international & pop music creating a dynamic, exciting, & effective workout.

CARDIO DANCE

If you love to dance and workout, this class is for you. It 45 minutes of cardio dance. Suitable for all fitness levels.

AQUATICS**

Fluid Movement Suitable for all fitness levels, this class offers walking & range of motion exercises to increase mobility, flexibility, balance & endurance. Great for participants with joint & mobility limitations.

Cardio Splash A deep/s hallow moderate intensity combination class that will jumpstart your cardiovascular workout. This class also includes core strengthening exercises and stretching for maximum flexibility and range of motion.

MIND / BODY

Vinyasa Yoga Classical Hatha Yoga practice including breathing (pranayama), relaxation, sun salutations & postures (asanas).

Gentle Yoga A gentle yoga class for anyone looking for a relaxing practice. This class will work through the fundamentals of yoga including postures, stretching, breathing & relaxation.

Chair Yoga An adapted form of yoga that makes yoga accessible to everyone.

... Chair Yoga allows the client to modify the yoga practice based on mobility, health, and current ability level. Chair Yoga offers a practice that includes seated poses on the chair and standing poses using the chair for balance and support.

Pilates This conditioning program incorporates core training, stretching & proper breathing techniques for a full body workout. Note: Please talk to your instructor before class if you have osteopenia/osteoporosis.

Tai Chi – Hwa Yu Tai Chi uses slow, spherical, flowing movements to increase physical and mental energy while promoting a meditative whole mind and body connectedness

Tai Chi for Arthritis/Balance helps to increase strength, flexibility, mobility and balance. For people with or without arthritis, Tai Chi for Arthritis is a good way to start your journey to better health. It is an enjoyable and safe set of forms which delivers many health benefits.



GROUP EXERCISE

March 2025

CORPENING YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Corpening Memorial YMCA

348 Grace Corpening Dr | 828-659-9622

Ymcawnc.org

RESERVE YOUR SPOT

Required reservations open 26 hours in advance

Scan this code to download the mobile app and get started!



Reservation is forfeited if not present at scheduled start of class

CENTER HOURS

| | |
|----------|-----------------------|
| Mon-Thur | 5:00 a.m. - 9:00 p.m. |
| Fri | 5:00 a.m. - 8:00 p.m. |
| Sat | 8:00 a.m. - 4:00 p.m. |
| Sun | 1:00 pm. - 5:00 p.m. |

CHILDCARE HOURS

| | |
|----------|----------------------|
| Mon-Fri | 8:00 a.m.-12:00 p.m. |
| Mon-Thur | 4:00 p.m.-8:00 p.m. |
| Sat | 8:00 a.m.-1:00 p.m. |
| Sun | 1:00 p.m.-4:00 p.m. |

Youth Lounge (ages 6-12)

| | |
|-------------|----------------------|
| Mon – Thurs | 4:00 p.m.-7:00 p.m. |
| Sat | 8:00 a.m.-12:00 p.m. |

CORPENING GROUP EXERCISE SCHEDULE

March 2025

| MON | TUES | WED | THURS | FRI | SAT | SUN |
|--|--|--|--|--|---|---|
| 5:30-6:15 am ⁺ Group Cycle Joyce-Cycle Studio | 5:30-6:15 am ! Total Body Jody-Studio B | 5:30-6:15 am ⁺ Group Cycle Joyce-Cycle Studio | 5:30-6:15 am ! Total Body Jody-Studio B | | | |
| 9:00-9:45 am <input type="checkbox"/> Gentle Yoga Mary S-Studio A | | 8:30-9:30 am <input type="checkbox"/> Gentle Yoga Danielle-Studio A | | | | |
| 9:00-9:45 am ! Total Body Jody-Studio B | 9:00-9:45 am ⁺ Group Cycle Joyce-Cycle Studio | 9:00-9:45 am ! Total Body Jody-Studio B | 9:00-9:45 am ⁺ Group Cycle Joyce-Cycle Studio | 9:00-9:45 am ! Total Body Jody-Studio B | 9:00-9:45 am ⁺ Group Cycle Joyce-Cycle Studio | |
| 9:30-10:30 am <input type="checkbox"/> Fluid Movement Louise-Pool | 9:30-10:30 am <input type="checkbox"/> Fluid Movement Jeanette-Pool | 9:30-10:30 am <input type="checkbox"/> Fluid Movement Louise-Pool | 9:30-10:30 am <input type="checkbox"/> Fluid Movement Jeanette-Pool | 9:30-10:30 am <input type="checkbox"/> Fluid Movement Louise-Pool | | |
| 10:00-11:00 am <input type="checkbox"/> Chair Yoga Mary Morris-Studio A | 9:00-10:00 am ⁺ Vinyasa Flow Yoga Mary Morris-Studio A | 10:00-11:00 am <input type="checkbox"/> Chair Yoga Miranda-Studio A | 9:00-10:00 am ⁺ Vinyasa Flow Yoga Miranda-Studio A | 10:00-10:45 am Strength & Balance Beth Prichard-Studio A Starts March 14th | | |
| 10:00-11:00 am ! BODYPUMP Mary Stang-Studio B | | 10:00-11:00 am <input type="checkbox"/> Tai-Chi David - Studio B | 10:00-11:00 am ! BODYPUMP Mary Stang-Studio B | 10:00-11:00 am <input type="checkbox"/> Tai-Chi David - Studio B | 10:00-10:45 am ! Total Body Studio B | |
| | 10:15-11:15 am Tai-Chi for Arthritis/Balance Janice-Studio A | | 10:15-11:15 am Tai-Chi for Arthritis/Balance Janice-Studio A | | | 2:00-3:00 PM <input type="checkbox"/> Pilates Gerri - Studio A |
| 4:30-5:30 pm ⁺ Cardio Splash Cris-Pool | | 4:30-5:30 pm ⁺ Cardio Splash Cris-Pool | | | | |
| 4:30-5:15 pm ⁺ RPM Leslie-Cycle Studio | 4:30-5:15 pm ! Strength Fusion Leslie-Studio B | 4:30-5:15 pm ⁺ RPM Leslie-Cycle Studio | 4:30-5:15 pm ! Strength Fusion Leslie-Studio B | | | |
| | | | | | | |
| 6:00-6:45 pm <input type="checkbox"/> Zumba Tracy-Studio B | 6:15-7:00 pm <input type="checkbox"/> Cardio Dance Alex-Studio B | | 6:00-6:45 pm <input type="checkbox"/> Zumba Toning Tracy-Studio B | | | |
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SCHEDULE KEY

Classes in **PURPLE** are Les Mills Classes

Classes in **YELLOW** are new or have changed

Classes in **BLUE** are aquatic classes

Great for All Levels

! High Intensity

⁺ Intermediate

Family Friendly

**Be Sure to grab our
Healthy Aging Calender to see all of
the current senior events.**

LIVESTRONG begins soon!

This 12-week program for adult cancer survivors. Trained Y Wellness coaches work with each participant as they transition from treatment to regaining their physical and emotional strength. Tuesdays & Thursdays from 6-7:30PM

**For more information or to register
contact**

Joyce Bingham 828.505.1597

VIRTUAL GROUP EX



ymcawnc.org/virtual-y